



## Profiles in Wellness



### **Dixie Taylor-Huff**

#### **Tennessee**

I am now 64 years old and exercise 1 to 2 hours per day.

From 1960 to 1963 I delivered 3 baby girls, gained about 20 lbs. after each one, and became one 5'2" rolly-polly! I decided to lose that weight because of my health and I wanted to live long enough to see those little girls to adulthood and feel well enough have fun with them.

I began to run 2 miles a day and lift weights about 30 minutes every other day. From May to November I lost approximately 60 lbs.

Today I walk between 4 to 6 miles at least 5 days a week and weight train approximately 30 minutes 3 times a week! My weight fluctuates 10 or 15 lbs. a year up and down but basically I've kept the weight off, and most importantly, I take no medications. I have not been to a physician, except for the annual physical, in 30 years. I have tons of energy and work 60 to 70 hours per week!

My nutritional modification was to eat less of the bad things and more of the good things...and once or twice a week eat too much of everything!